



November 3-9, 2014
Cycle 1

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions for supper provided by Palo Verde Residence

****Please note: Items are subject to change based on availability without prior notice****

| Mon 3 | Tue 4 | Wed 5 | Thu 6 | Fri 7 | Sat 8 | Sun 9 |
|---|---|---|---|--|---|--|
| WW toast Pineapple Orange juice Hashbrown Sausage link Milk | WW toast or Oatmeal Mixed fruit Apple juice Danimal strawberry yogurt Milk (raisins) | WW toast Peaches Craspberry juice Breakfast casserole Milk (salsa) | WW toast or WG bagel Pears Orangerine juice Bacon Milk (cream cheese) | WW toast or WW tortilla Mandarin orange sections Fruit punch Scrambled eggs w/ sausage Milk (salsa) | | |
| Chicken patty on bun or Spicy chicken patty on bun or Veggieburger on bun Baked beans Seasonal fruit Milk <small>(lettuce/tomato slices/pickle slices/onion slices)</small> | Cheese pizza (HM) or Garden pizza (HM) Coleslaw Fruit rollup Milk | WG breaded chicken tenders Potato wedges Apricots WG animal crackers Milk | Macaroni & cheese Macaroni & cheese (LDD) Spinach mandarin orange salad Mixed fruit Milk | Turkey ham & cheese wrap Sweet potato gems Fruit gel-o Milk | Baked penne ala ziti Green beans Breadstick Very berry juice bar Milk <small>(parmesan cheese)</small> | Chicken empanada Mexicali corn Sherbet Milk <small>(parmesan cheese)</small> |
| Bean ultra loco bread WG or Beef ultra loco bread WG Corn Spanish rice Apricots Milk <small>(lettuce/cheese/salsa)</small> | Chicken alfredo penne Vegetables Italian blend Garlic toast Cookie Milk <small>(parmesan cheese)</small> | Chicken fire-glazed hot wings Fries (ss) Carrots & celery sticks Sidekicks Milk | <i>Breakfast for dinner</i> WW burrito (e&c) Chocolate chips pancakes Strawberries-blueberries cup Milk <small>(salsa/syrup)</small> | Chef Tony's Salad Cheese-stuffed breadstick Cookie Milk | HM Cheese enchilada Seasoned pinto beans Corn Just dessert Milk <small>(lettuce/salsa)</small> | Dumpling stew Garlic toast Pudding Milk |



SALAD BAR

Available during lunch and supper

- ◇ 1% and fat-free milk offered at every meal
- ◇ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ◇ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast: 6:45-7:45am Monday-Friday
Lunch: 11:30am-1:10pm Monday-Thursday Supper: 4:30-6:00pm Monday-Thursday
11:30am-1:00pm Friday 4:30-5:30pm Friday
Saturday & Sunday Lunch: 12:15-1:15pm Saturday & Sunday Supper: 4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).